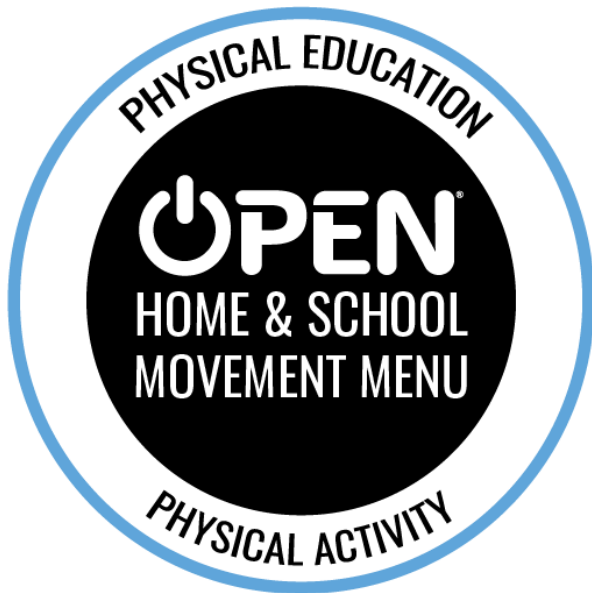


BELIEVE IN YOU



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Brain & Body Warm-Ups

WEEK 2

SKILL-RELATED FITNESS: Six characteristics that contribute to a person's ability to successfully complete a physical performance. Agility, Balance, Coordination, Power, Reaction Time, and Speed.

Improving skill-related fitness helps me participate in a variety of activities.

Pick-a-Card Fitness: [\[YouTube\]](#)

We're going to pick a random card from the deck and complete 20 seconds of an exercise in the skill-related category assigned to the suit of the card picked.

Hearts = Agility
Diamonds = Balance
Clubs = Coordination
Spades = Power

Purposeful Practice

WEEK 2

ENTHUSIASM: An important feeling you get when you're excited about a goal and are motivated to work toward that goal.

Mr. Walker is enthusiastic about being the best teacher he can be.

Skill-Related Circuit:

As we complete each exercise station, be sure you are at least 6' from your classmates. The object of this exercise circuit is to learn the skill-related exercises that are used in the Tabata Dice Race that we'll play next. There are 4 stations per category (balance, agility, coordination). Complete each station for 20-seconds and then rotate.

Just for Fun (and health)

WEEK 2

RESOURCE: Supplies, opportunities, and support that a person can use in order to do a job or live productively.

The park near Kendra's house is a great resource that she can use to be physically active.

Skill-Related Tabata Dice Challenge: [\[YouTube\]](#)

The object is to roll all numbers in order from left to right. Roll 2 dice. If you roll a 2, 3, or 9 — complete a Tabata interval of your choice within that number's category. For example, 9 is the first number in the Coordination category. Choose a Coordination interval, complete it, then roll again. Continue until you complete all rows in each of the 3 categories.